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plurality of rack compartments, as well as a plurality of rack aisles located between the rack bays, method of loading and unloading comprising the steps:

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(a) transporting the load via a transport device in a first horizontal direction along a loading track that extends along front ends of the plurality of rack bays to a vertical conveyor at a front end of a target rack bay;

(b) depositing the load on said vertical conveyor via a lifting/pushing device on said transport device;

(c) transporting the load in a first vertical direction via said vertical conveyor up said front end of said target rack bay to a target rack level;

(d) removing the load from said vertical conveyor via a lifting/pushing device on a transport device in one of the rack aisles at said target rack level;

(e) transporting the load in a second horizontal direction in the rack aisle via said transport device movable on guiding elements associated with each individual level of the rack bays, to a target rack compartment in said respective target rack level;

(f) transporting the load in a third horizontal direction from the rack aisle into said target rack compartment via said lifting and pushing device of said transport device, capable of lifting the load over a small distance; and

(g) depositing the load in said target rack compartment via said lifting/pushing device.

22. (Amended) The method according to claim 21, wherein during the unloading of loads, steps a, b, c, d, e, f, and g are performed accordingly in the reverse order.

23. (Amended) The method according to claim 21, wherein each transporting step, during the transport of the load is carried out at an angle of 90° from the previous transporting step.

25. (Amended) The storage system according to claim 35, wherein said system for displacing the loads sideways into the racks is a lifting and pushing system.

26. (Amended) The storage system according to claim 35, wherein said vertical conveyors lift the loads to said transport devices on said plurality of guiding elements in said plurality of rack aisles.

27. (Amended) The storage system according to claim 35, further comprising a plurality of rack elements that span said plurality of rack aisles and are secured on said plurality of rack compartments on each of said plurality of rack levels and comprise transverse struts, wherein said guiding elements are integrated in said plurality of rack elements.

28. (Amended) The storage system according to claim 35, wherein said vertical conveyors and said transport devices can be driven by means of pulling systems.

29. (Amended) The storage system according to claim 35, further comprising two transport devices disposed in said rack aisles, wherein said transport devices are connected with each other.

Subc. 17
31. (Amended) The storage system according to claim 35, wherein said transport devices comprise rollers having a running surface adapted to the shape of said guiding element.

Subc. 17
33. (Amended) The storage system according to claim 35, wherein said lifting/pushing system comprises running wheels in said lower zone, and wherein said lifting system acts in an upward direction so that loads can be raised and a force of the load weight acts on a floor.

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34. (Amended) The storage system according to claim 33, wherein said lifting/pushing system further comprises a plurality of lifting bars for raising a lifting component wherein said lifting bars are provided within the range of said running wheels.

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35. A storage system for loading and unloading loads in a rack storage warehouse comprising:

a plurality of rack bays, wherein each rack bay has a plurality of rack levels, and each rack level has a plurality of rack compartments;

a loading track that runs along front ends of said plurality of rack bays;

a plurality of rack aisles disposed between said plurality of rack bays;

a plurality of guiding elements provided on said loading track and in said plurality of rack aisles associated with individual rack levels;

movable transport devices provided on said plurality of guiding elements on said loading track and in said